



Overview of Activity Daily Diving (ADL) Experience in Diabetic Ulcer Patients in 2022

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ARTICLE INFO	ABSTRACT
Article history: Received Aug 30, 2022 Revised Sep 10, 2022 Accepted Sep 30, 2022 Keywords: Diabetic Ulcer, Daily Activities, Patient Experience, Quality of Life, Wound Care.	This study describes the experiences of diabetic ulcer patients in carrying out daily activities (ADL) during 2022. The approach used was a qualitative study using in-depth interviews with 15 diabetic ulcer patients treated in hospitals in a specific area. Data analysis was conducted thematically to identify important aspects related to the experiences and challenges faced during daily activities. The results showed that patients experienced difficulties in mobility, wound care, and managing diet and personal hygiene, which significantly affected their quality of life. These findings emphasize the need for a holistic approach in the care of diabetic ulcer patients to improve quality of life and minimize complications. This study is expected to serve as a reference in the development of more effective nursing interventions to support the daily activities of diabetic ulcer patients. <i>This is an open access article under the CC BY-NC license.</i> 

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1. Introduction

Diabetic ulcers are chronic complications of type 2 diabetes mellitus (T2DM) that cause wounds on the skin and soft tissues, especially on the legs and feet. (Cahyaningtyas & Werdiningsih, 2022), (Alzamani, Marbun, Purwanti, Salsabilla, & Rahmah, 2022) These wounds are often difficult to heal and are susceptible to infection, thus affecting the sufferer's quality of life. (Saris, 2022), (Hati & Muchsin, 2019). Activities of daily living (ADL) are an important aspect in the treatment and management of diabetic ulcers, because the condition of the wound and the healing process greatly influence the patient's ability to carry out routine activities independently. (Basri, 2021), (Simatupang & Simatupang, nd) Understanding patients' experiences in performing ADLs during 2022 can provide insight into the challenges they face and the support they need from healthcare professionals and their families. (Yunara et al., nd), (Putra & Juliastuti, 2021).

2. Methods

This study used a qualitative approach with in-depth interviews with 30 diabetic ulcer sufferers in Sibolga City aged 40 years and above. Participants were selected purposively based on their wound condition, duration, and severity. (Mahendra, 2022), (LESTARIAN, 2022) Data were collected through interviews regarding their experiences performing daily activities such as bathing, dressing, walking, and performing self-care for wounds during 2022.

3. Results and Discussion

People with diabetic ulcers face significant barriers to performing activities of daily living (ADL) due to active wounds, persistent pain, and discomfort, which affect the quality and quantity of their daily activities. FlavorPain and physical discomfort require some patients to rely on others, both family and healthcare professionals, for essential activities such as bathing, dressing, wound cleaning, and other self-care activities, resulting in a high level of dependency. The lengthy and demanding wound care process often leads to physical and psychological exhaustion, which impacts their ability to perform activities independently and optimally, and can lead to significant frustration and stress.(Asih, Widhiastuti, & Dewi, 2018),(Yaqin, nd).

Walking and light physical activity are significant challenges due to unhealed wounds, pain, and the fear of worsening wounds with excessive movement, which reduces mobility and participation in social activities and daily routines. This situation impacts the psychological aspects of patients, such as low self-confidence, stress, and depression, which were acknowledged by the majority of respondents, requiring attention not only physically but also psychologically and emotionally. The impact of these ADL barriers is a general decline in quality of life, as patients become less physically and socially active and experience difficulty performing previously routine and easy activities. These limitations in mobility and activity impact psychosocial aspects, increasing feelings of isolation and boredom, especially if family and community support are inadequate to assist with the treatment process and facilitate freedom of movement. The family plays a crucial role in supporting patients' activities through direct assistance and motivation, but education and understanding about the importance of proper mobilization and wound care are also needed for optimal healing. The availability and access to competent healthcare professionals are crucial to ensure wounds receive appropriate care, accelerate the healing process, and reduce barriers to daily activities. A multidisciplinary and holistic approach is needed in developing a treatment program, including education about wound care, physical rehabilitation, and psychosocial support to increase independence and successful recovery.(Dewi & Puspawati, 2022),(Asri & Zakaria, nd).

Patient experiences throughout 2022 demonstrate the need for improved diabetic ulcer prevention and management strategies to enable patients to be more independent, active, and achieve optimal quality of life, while also reducing the social and economic burdens arising from these complications. Hiking, walking, and other previously easy activities have become significant challenges, necessitating education on wound care, safe mobilization, and rehabilitation programs to enable patients to return to their activities more freely and comfortably. Adequate environmental and family support and ongoing education are crucial for diabetic ulcer patients to maintain their activities, accelerate wound healing, and reduce the risk of more serious complications. These experiences emphasize the importance of comprehensive and ongoing diabetic ulcer management, encompassing physical, psychological, social, and educational aspects, to ensure patients remain able to carry out daily activities and improve their overall quality of life.(Prasiska, nd),(Yunara et al., nd).

4. Conclusions

The study results showed that most respondents experienced difficulties in performing ADL activities due to active and painful wounds. Many patients reported having to ask family for help with activities such as bathing, dressing, and cleaning wounds. They also experienced difficulty walking and performing light physical activities due to discomfort and fear of worsening the wound if they move too much.

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